



Pizza Margherita

READY IN



45 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups bread flour
- 1 package yeast dry
- 1 Tbsp basil fresh chopped
- 1 clove garlic minced
- 1 tsp honey
- 1 Tbsp olive oil extra virgin extra-virgin
- 1 tsp oregano fresh chopped
- 0.3 cup parmesan grated
- 4.3 oz part-skim mozzarella cheese thinly sliced

- 4 servings pepper freshly ground
- 4 plum tomatoes sliced (Roma)
- 0.3 tsp salt
- 1 cup semolina flour
- 1 cup tomato purée
- 4 servings vegetable oil for coating
- 0.8 cup water (105–115°F)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pizza pan
- stand mixer

Directions

- Combine the water, yeast, and honey in a large bowl. Stir in just enough of the bread flour to make a batter about the consistency of buttermilk. Cover and let proof in a warm place until the surface is puffy, about 1 hour.
- Add the remaining bread flour, the semolina flour, and the salt. Knead in a stand mixer fitted with dough hook on medium speed, or by hand, until the dough is smooth, springy, and elastic, 4 minutes with the mixer or 10 minutes by hand. Rub the dough lightly with oil, place in a clean bowl, and cover with a cloth.
- Let the dough rise at warm room temperature until doubled in volume, about 1 1/2 hours.
- Punch down the dough, sinking your fist into it to deflate it, and divide into 4 equal pieces for individual pizzas or leave it whole for a large pizza. Form the dough into smooth ball(s), cover, and let rise again until doubled in volume, 45–60 minutes.
- Preheat the oven to 450°F. Lightly oil a 16-inch pizza pan or large baking sheet with vegetable oil or scatter with cornmeal.

- On a lightly floured surface, roll and stretch out the ball(s) of dough to an even 1/4-inch thickness. If the dough has not relaxed properly, it may spring back as you stretch it; simultaneously spinning and stretching the dough will help. (This may be accomplished flat on a work surface or by spinning and tossing it into the air, then catching the disk on the back of your hands. Avoid tearing the dough or creating very thin patches.)
- Transfer the dough round to the prepared pan.
- For the topping, mix together the olive oil, basil, oregano, garlic, and pepper to taste.
- Spread this mixture evenly over the pizza dough.
- Spread evenly with the tomato purée and top with the sliced tomatoes and mozzarella. Scatter the Parmesan over the top.
- Bake until the dough is golden brown and the toppings are very hot, 20–30 minutes for 1 large pizza or 10–12 minutes for individual rounds.
- Cut into wedges and serve at once, or let cool for 5–10 minutes and serve warm.
- From Cooking at Home by by The Culinary Institute of America, (C) © 2003 John Wiley & Sons, Inc.

Nutrition Facts

PROTEIN 14.64% **FAT 37.55%** **CARBS 47.81%**

Properties

Glycemic Index:93.82, Glycemic Load:36.75, Inflammation Score:-9, Nutrition Score:25.512608862442%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 607.31kcal (30.37%), Fat: 25.47g (39.19%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 72.97g (24.32%), Net Carbohydrates: 67.61g (24.58%), Sugar: 6.78g (7.54%), Cholesterol: 23.53mg (7.84%), Sodium: 458.19mg (19.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.69%), Selenium: 60.58µg (86.54%), Vitamin K: 45.21µg (43.06%), Manganese: 0.85mg (42.43%), Vitamin B1: 0.62mg (41.1%), Folate: 153.43µg (38.36%), Calcium: 354.79mg (35.48%), Phosphorus: 335.52mg (33.55%), Vitamin B2: 0.52mg (30.37%), Vitamin B3: 5.06mg (25.28%), Vitamin E: 3.7mg (24.68%), Vitamin A: 1136.39IU (22.73%), Iron: 3.96mg (22.02%), Fiber: 5.36g (21.43%), Copper: 0.42mg (20.86%), Vitamin C: 15.98mg (19.37%), Potassium: 617.66mg (17.65%), Magnesium:

65.73mg (16.43%), Zinc: 2.32mg (15.48%), Vitamin B6: 0.26mg (13.05%), Vitamin B5: 1.07mg (10.72%), Vitamin B12: 0.32µg (5.39%)